



NUTRITION: Categories of Foods to Offer



Best Practice Standard

- Children in care should be offered items of food from the following categories:

Categories of Foods

Making Healthy Food Choices*	
Food Groups	Caring For Our Children (3 rd Ed) Guidelines for Young Children
Fruits	<ul style="list-style-type: none">Eat a variety, especially whole fruitsWhole fruit, mashed or pureed, for infants seven months up to one year of ageNo juice before twelve months of age4 to 6 oz juice/day for one- to six-year-olds8 to 12 oz juice/day for seven- to twelve-year-olds
Vegetables	<ul style="list-style-type: none">Dark green, red, orange, deep yellow vegetablesOther vegetables, including starchy ones like potatoesOther root vegetables, such as viandasDried peas and beans (legumes)
Grains	<ul style="list-style-type: none">Whole and enriched grains, breads, cereals, crackers, pasta, and rice
Protein Foods	<ul style="list-style-type: none">Fish, chicken, lean meat, eggsNuts and seeds (if appropriate)Avoid fried fish, meat, and chicken
Dairy	<ul style="list-style-type: none">Human milk, infant formula for infants at least up to one year of ageWhole milk for children ages on up to two years of age or reduced fat (2%) milk for those at risk for obesity or hypercholesterolemia1% or skim milk for children two years of age and olderOther milks such as soy when recommendedOther milk equivalent products such as yogurt and cottage cheese (low-fat for children two years of age and older)
Oils	<ul style="list-style-type: none">Choose monounsaturated and polyunsaturated fats (olive oil, safflower oil)Soft margarinesAvoid trans fats, saturated fats and fried foods
Solid Fats and Added Sugar	<ul style="list-style-type: none">Avoid concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milkLimit salty foods such as chips and pretzels
*All foods are assumed to be in nutrient-dense forms, lean or low-fat and prepared without added fats, sugars, or salt. Solid fats and added sugars may be included up to the daily maximum limit identified in the <i>Dietary Guidelines for Americans, 2010</i> .	

Modified version based on original table found in:

American Academy of Pediatrics, American Public Health Association, and National Resource Center for Health and Safety in Child Care and Early Education. 2010. *Preventing Childhood Obesity in Early Care and Education: Selected Standards from Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Education Programs, 3rd Edition*. http://nrckids.org/CFOC3/PDFVersion/preventing_obesity.pdf

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ShapingNJ, The State Partnership for Nutrition, Physical Activity and Obesity Prevention

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